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1220

Health & Happiness

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LOOK AT THIS MAN

A few weeks ago he was a stone under weight—thin—lacking in energy. Now he is no longer thin but well built, with pounds of healthy flesh, which makes him LOOK better and FEEL better.

IF YOU ARE THIN & SKINNY

You too can build up your body and put on pounds of healthy flesh if you take Vitafos, the famous body builder. Vitafos builds up both men and women. It makes thin, skinny men WELL BUILT & STRONG. It develops flat chested bony women giving them BEAUTIFULLY FORMED BODIES. With it you can gain health, strength and a better appearance.

Send now for a supply of Vitafos, and in a few weeks you will be a different person—no longer skinny—no longer weak, but stronger, well built and with a better appearance. Don't let any failure in the past stop you from taking Vitafos, for it is a REAL BODY BUILDER & cannot fail to give you the extra flesh you need.

Read what Satisfied People Say

"I have gained 18 lbs. and my appearance has improved"-G. WESTON.

"I weighed only 7 stone when I took Vitafos and now after two months I weigh 9¼ stones & feel stronger-" L. PHILLIPS.

Per bottle Rs. 5-8-0. Three bottles Rs. 15-8-0
Six bottles Rs. 30. Postage. etc., extra.

1860

Amazing Hair Discovery

Re-grows new hair on bald spots
Restores natural colour to grey hair

Do you suffer from falling hair and dandruff? Are bald patches or grey hair making you look older than you are? The amazing hair tonic Restora brings new hope to all, for it revives healthy hair growth by feeding and stimulating the hair roots giving them the missing elements of nutrition which is the real cause of falling hair, etc.,

Start using Restora and let your mirror prove results. Your hair will stop falling out, dandruff will go, bald spots will be gradually covered with new hair, and grey hair will go back to natural colour.

Per bottle Rs. 5. Three bottles Rs. 14. Postage etc. extra.

The British Chemical Works Post Box No. 472 MADRAS-7.

BEST QUALITY RUBBER PREVENTIVES

These rubber preventives are the **Best for Family Limitation** because they will not let you down by breaking during use, which often happens when cheap rubber preventives are bought. Further, we send you only **Fresh Stock** and all articles are carefully tested before despatch. So, get your requirements from us and be sure of satisfaction.

AMOUR superfine quality preventives. Specially made for men who want the best. They are extra thin and strong and so soft and fine that they are not felt in use. Will last extra long in hot climates. Guaranteed to be without holes and flaws and not to leak or split when used.

Extra special quality, per dozen Rs. 25, ½ dozen Rs. 13, ¼ dozen Rs. 7.

VELESTRA extra fine quality preventives for men. These are so thin, soft and fine that they are not felt in use. They will not leak or split as they are without holes or flaws.

Doz. Rs. 20, ½ doz. Rs. 11, ¼ doz. Rs. 6.

Neverrip Preventives for men. Good thin quality imported from England. Men who cannot afford the best will find these satisfactory. Dozen Rs. 12. ½ dozen Rs. 6-8.

Silktex preventives for men. Thin quality imported from America. One dozen Rs. 6-8.

Grecian Caps for men. These caps are about 2½ inches long and they cover only the G. P. They allow natural union and yet prevent conception. Doz. Rs. 20, ½ doz. Rs. 11, ¼ doz. Rs. 6.

New Type Preventives for men have a special fitting at the end which is very effective. They are different from French ticklers. Doz. Rs. 25, ½ doz. Rs. 13, ¼ doz. Rs. 7.

F. T.s' For men. These have rubber ticklers at the end and are very popular with men. Doz. Rs. 20; ½ Doz. Rs. 11, ¼ doz. Rs. 6.

Crocodile Preventives for men. These are made with slight ridges like crocodile skin. They will not leak or break and can be washed many times. Superior quality. Doz. Rs. 30. ½ doz. Rs. 16. ¼ doz. Rs. 9.

Dura Sheath for men. Made of fine quality latex rubber. Will not break and will last months in the hottest climate. Can be washed and used many times. Best quality. One Rs. 5, three Rs 14.

SPECIAL SAMPLE PACKET

of 10 different preventives for **Rs. 15.**

We give you here amazing value in this sample packet to prove that you will obtain better value and goods from us. The packet contains the following preventives.

2 Amoura	1 French Tickler
2 Velestra	1 Grecian Cap
1 New type f. t.	2 Neverrips

1 Crocodile preventive.

Full Privacy. Send value plus Rs. 1-8 postage, etc. (also bank commission if a cheque is sent) and we will be able to send the parcel without our name on it.

Bon Ami check pessary for women. Improved type. Recommended by birth control authorities because it absolutely prevents conception. Three sizes, new superior quality. Price Rs. 7-8-0 each

The British Chemical Works

Post Box No. 472 :: MADRAS 7, India.

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CURE SKIN ERUPTIONS THRO' THE BLOOD

ZEMRO BLOOD MIXTURE

CURED THIS PERSON OF SKIN DISEASE AFTER

many ointments and blood cleansers had failed.

READ HIS TESTIMONIAL

Dear Sir,

I had suffered for five years with Eczema on my hands and had tried all kinds of ointments and blood tonics but they did not give me any relief.

A friend remarked about the state of my hands one day, and asked me if I had tried Zemro Blood Mixture as it was very good.

After three bottles of this blood mixture, my hands are clear of all the sores. I feel that I must recommend your blood tonic to all my friends as it has done for me that which no other tonic or ointment could do.

R. N. BANERJEE,
P. O. Suri, Birbhum Dt., Bengal.

Now Remove Your Skin Eruptions

BY TAKING THE SAME REMEDY

Zemro Blood Mixture is a **real blood cleanser,** formulated by a Specialist to cleanse the blood of impurities, etc., **every time it is taken.** It cures pimples, acne, bad skin sores, etc., by **removing the impurities causing them.** It smashes gout, rheumatism, etc., by **freeing the blood and joints of uric acid.** It gets rid of leucoderma (white patches) by removing the cause of this disease. **That is why Zemro always cures when other remedies fail and why it is the best for you.**

Follow the example of thousands of skin and blood sufferers who have cured themselves through Zemro. Ignore lesser remedies which will only prove a waste of money. Zemro offers you a **sure cure** for whatever skin of blood disease you suffer from. **Put its efficacy to the test by getting 3 bottles.** The good it will do you, will give personal proof that it is a **real blood cleanser.**

WHEN YOU TAKE ZEMRO YOU ARE ON THE ROAD TO SKIN HEALTH

New improved formula gives wonderful results

1 Bottle	Rs. 5-0-0
3 Bottles	„ 14-0-0
6 Bottles	„ 27-0-0

If you suffer from any skin or blood disease, write for this free booklet—**"How to Cure Skin and Blood Diseases Permanently."** It gives full information and the best way to get a lasting cure.

The British Chemical Works :: Post Box No. 472 Madras-7. India

TURN BACK THE HANDS OF TIME

Get back the vigour and strength of your best years

After 40 years of age, sometimes earlier, the glands of your body slows down its manufacture of vital hormones. The result is decreased vigour, reduced vitality, weakness, impaired health, etc.

Vigotone acts directly on the glands of your body and increases their vigour and activity, so that they again produce a full quantity of the hormones needed by the body. Soon your vitality and vigour increases; you feel many years younger and every symptom of weakness disappears. Vigotone is not a temporary stimulant or just another tonic, but a special invigorator for the lasting restoration of vigorous manhood. **It never fails to restore and increase the vital force of the body** and is very good for **loss of vital power, Premature Aging, Weakness** and **Debility.**

Try 3 bottles of Vigotone and feel the new vitality and power it puts into you. This will prove to you that it is a real rejuvenator for men.

Read these Testimonials

Mr. J. D. (Calcutta) "......I have taken 12 bottles of vigotone, and I am longer weak and run down. you can publish this if you do not use my name and address........"

Mr. L. W. (Jamshedpur) "......I have obtained real benefit from Vigotone, for it has cured me and given more vigour........."

Mr. V. S. (Bombay.) "......my doctor recommended Vigotone to me, and I have been taking it for the last six weeks with good results."

Get this booklet

If your vigour and vitality is reduced in any way, write for this free booklet "How to regain youthful vigour and supreme vitality." It gives full information about Vigotone.

Don't let past failures with useless medicines hold you back from a proper cure. Take Vigotone and it will increase your vigour week by week until vigorous manhood is restored.

New improved Vigotone gives very good results. Prices:—One bottle Rs. 7-8; Three bottles Rs. 22; Six bottles Rs. 43 and Twelve bottles Rs. 84, postage, etc., extra. We give a free bottle of special Muscula with every six bottles of Vigotone. Also Vigotone for women. Prices as above.

The British Chemical Works,

POST BOX NO. 472, MADRAS-7. India

STRONGEST MAN IN THE WORLD

IN a New York garage, a 3,000 pound pick-up truck slipped and pinned a mechanic beneath. There was'nt time to rig the chain hoist; there weren't enough men around to lift the truck by hand. But John Davis, one of the garage hands, slid underneath, braced his shoulders and strained upwards. Slowly the truck inched up. The mechanic was pulled out bruised but otherwise unhurt

John Davis, a Brooklyn Negro, is probably the strongest man alive. For 11 years he has been undisputed heavy-weight amateur weight-lifting champion of the world. He has set 24 records in the three standard Olympic lifts. One of these records consisted of hoisting 402 pounds high overhead, The average man could not even budge this weight.

Davis doesn't look a bit like a Samson in his street clothes. But when he changes into his lifting togs he exposes a five-foot nine-inch 220-pound figure in which nature has hit the jackpot. He starts wide, and continues down the same way. Muscles bulge and ripple under his skin like rabbits under a rug.

Strong men since Atlas have lifted bulky objects ranging room anvils to baby elephants. Louis Cyr, the fabulous Canadian, astounded the world by pushing a goods wagon up a slight incline. France's mighty Apollon, clad in a tiger skin, bent the thick bars of a cage and escaped daily. Thousands thronged to see human power-houses like Vantissart, of England, who tore old tennis balls in two; Poland's Franz Bienkowski, who broke coins with his fingers and tore the covers from tins; and Germany's von Boeckmann, who specialized in ripping a pack of cards into confetti. One of the greatest was the 398-pound Austrian, J. Karl Swoboda, who drank from a barrel held over his mighty head When Swobada died it required eight colleagues to lift his coffin and six draught horses to tow the cortege; 50,000 Viennese lined the streets to mourn their hero's passing.

Davis leaves such accomplishments to the circus Samsons. He concentrates on the three so-called Olympic lifts. Performed with a standard bar bell—which looks like two train wheels on an axle—the Big Three are the Military Press, the Snatch and the Clean and Jerk.

In the Military Press the bar bell is hoisted smoothly to the chest, held there for two seconds, then pushed upwards until the arms are straight, held for another two seconds, then returned in the same way. The Snatch is a non-stop Military Press. The weight is "snatched" from the floor aloft in one movement; at the same time the legs are split one behind the other to gain leverage. In the Clean and Jerk the bar is "cleaned" to the chest while splitting the legs; it is held there for two seconds, then "jerked" upwards. A judge times you and looks for flaws in form.

"All you need for this sport," says Davis, "is co-ordination," stamina, timing, terrific concentration and the ability to release a tremendous amount of nervous and physical energy at a given moment. A few muscles also help."

Although small and spindly in his youth, he dreamed of being Tarzan, and started doing simple muscle exercises in his early teens. One day on a school friend's dare young John seized a 125-pound block of cement and, with a mighty heave, lofted it overhead. An amateur weight-lifter, Steve Wolsky, happened to be passing the playground and saw the feat. He recognised the lift as a natural press, executed with the form lifters sometimes take years to acquire. Wolsky invited the boy to a gym rigged up in his home, where Davis was soon lifting bar bells weighing a lot more than he did.

Ten months later, in his first contest Davis was placed third in the bantam-

weight class. He was beginning to collect first-place ribbons and medals when he was brought to the attention of a manufacturer of strength equipment This patron fixed him up with an athletic scholarship in Philadelphia, and saw that he got further weight-lifting training.

Late in 1938 Davis—now a 17-year-old, 194-pound power plant—found himself on a ship headed for Vienna, and the world weight-lifting championships, as a heavyweight substitute. When something happened to the U.S. light-heavyweight, young John dieted down to 181 pounds to replace him. Appearing before a jammed Vienna Opera House, Davis was nervous, and presumably weakened by the strenuous dieting. He captured the world light-heavy title, however with a spectacular 815 pounds for the three lifts. One was a mighty 330-pound Clean and Jerk.

In 1941 Davis graduated to heavy weight champion, with a record-shattering 1,009¾ pounds. Shortly thereafter, Uncle Sam called him to the colours.

When Davis returned from Korea in late '45—shrunk 45 pounds by an attack of jaundice, and almost ready to give up weightlifting—a friend talked him into defending his title in Paris. Before 20,000 muscle-mad spectators at the Palais de Chaillot Davis somehow retained his crown.

Cometition is so fierce at international lifting matches that the atmosphere can become highly charged. In the 1950 world meet Russia was a surprise entry. Headed by the black-haired, pudgy heavyweight Jakov Kutsenko, the Soviet team flew into Paris unexpectedly bringing its own doctor, interpreter, officials cameraman and food. Going into immediate seclusion, the Russians set up a war of nerves: rumour had it that Kutsenko had lifted a titanic 1,019 pounds in practice. Joe Louis vs. Sehmeling didn't whip up more excitement around Europe than did Davis vs. Kutsenko.

Before a seething audience at the Palais de Chaillot, Kutsenko announced he would press 297 pounds. Davis named the same weight. Kutsenko promptly protested that, since he'd chosen 297, Davis would have to lift either more or less. Davis took the next higher authorized weight, 308 pounds. Kutsenko pressed the 297. asked for 308, made that too, and decided to stand pat.

No it was Davis's turn. As he tensed for his lift, Kutsenko protested again: since he had just heaved 308, the American would have to pick another number. "He was trying to wear me out before I got started," Davis says. "While they were arguing I bent down and lifted. That settled the argument." Davis then called for 312, made it, and the judges chalked up a 16-point lead for him.

In the Snatch, Kutsenko barely made 297; then, in adesparate attempt to cut down Davis's lead, he tried 308 and failed in three attempts. Davis easily snatched 308 and called for 325 pounds. The bar bell was overhead in a split second, with the judges indicating a perfect lift. But Davis revealed that his knee had brushed the floor—a foul. "Nobody had seen it," says Davis "but I didn't want to go round with a weight on my mind." On the next try the bell shot up flawlessly.

Kutsenko, now 49 points behind, cleaned jerked 341. The U. S. Goliath asked for 375 pounds. To fail this would mean the title—for, once named, a figure can't be reduced. But he did not fail, He won the match with a total of 1,019 pounds—the same weight with which the Russians had sought to scare Davis in their rumours.

One of these days John Davis hopes to hit the lifter's dream ceiling—1,100 pounds. This is the equivalent of the four-minute mile and the 16-foot pole vault. He's done 1,262 already, at the 1950 Pan-American Games at Buenos Aires.

Now 81, and a mild-looking, rotund citizen with a crew-cut head, Davis lives in a walkup Brooklyn apartment. He has a fine barltone voice, and is taking singing lessons, hoping to sing in opera some day.

Davis holds great scorn for what he calls "Mirror Athletes," those deeply tanned, V-shaped torsos, draped in imitation leopardskin briefs, you see gazing affectionatelp at their biceps in public print. "Those muscles don't mean a thing," he says. "All those fellows can play is Living Statues. Heck, they can't even press their own weight!"

He is no exhibitionist, but for his own amusement Davis has torn jack chains, bent crowbars and crushed bottle cap with his fingers—privately.

Some 10,000,000 men in many countries go seriously about seeking strength through lifting weights. Recently John Y. Smith, at the age of 60, won Strongest Man in New England honours, Dr. Peter Karpovitch, after polling 31,702 lifters for hernias, strained backs, faulty hearts, etc., has come up with the news that no sport except ping-pong can show so few injuries per 1,000 participants.

Three Monkeys in Council

Three monkeys sat on a coconut tree,
Discussing things as they are said to be.

"Now listen here you two
There's a certain rumour that can't be true,
That man descended from our noble race!
The very idea is a disgrace.

"No monkey ever deserted his wife,
Starved her babies and ruined her life;
And you've never known a mother monk
To leave her babies with others to bunk.

"And another thing you'll never see;
A monk build a fence round a coconut tree,
And let coconuts go to waste,
Forbidding all other monks a taste.

"Here's another thing a monk won't do;
Go out at night and get on a stew,
Or use a gun or club or knife
To take some other monkey's life.

"Yes, man descended—the ornery cuss—
But, brother, he didn't descend from us!"

Martian Volcanoes as Active as Earth's

Volcanoes on Mars apparently erupt about as frequently as those on earth, Dr. Dean B. McLaughlin of the University of Michigan told the American Astronomical Society.

Dark areas on the Martian surface, he believes, result from deposits of drifting volcanic ash falling out in the pattern of prevailing winds.

These winds, Dr. McLaughlin said, "behave precisely like the well-known monsoons of India."

Several prominent changes have occurred on the Martin surface over the last 150 years, Dr. McLaughlin found from a study of observations made of the planet by other astronomers prior to 1930. Four of these could be explained only by volcanic action at a definite location. In three of them, a large dark spot is now visible at this place.

From all four volcanoes, Dr. McLaughlin's historical research showed, dark markings had fanned out in the direction to be expected from monsoon-like winds. These markings were horn-shaped, curving as expected from the planet's rotation, to the right in the Northern Hemisphere to the left in the Southern Hemisphere.

A few cubic kilometers of ash would be enough to account for these markings, Dr. McLaughlin said. Such ash deposits on Mars are "not any greater than those of large terrestrial eruptions," but rainstorms, streams and rivers, and plants that hide or erase ash here are non-existent there. Thus only the winds drift volcanic ash about, later concealing it with desert dust or a new ash layer.

Since only a thin film of ash is needed to change the surface color, Dr. McLaughlin said, "Martian volcanic activity seems to be similar in magnitude to that on the earth."

New Proof That Germs Invade Teeth

New proof that tooth decacy is primarily a bacterial disease has been discovered by a team of scientists from the University of Chicago and the University of Notre Dame.

The studies implied that a streptococci can cause tooth decay in rats. How many other microorganisms can also be responsible—out of the hundred or so found in the mouths of animals—will require further investigation.

Previous studies on rats grown in the unique germfree chambers of the Lobund Institute at Notre Dame had shown that rats free from bacteria did not develop tooth decay, even though they were fed a diet known to encourage tooth decay in non-germfree rats.

In the present experiments, one group of rats grown from birth in the germ-free environment had their mouths swabbed with enterococci, a common group of the streptococcus family, and one other bacterium.

Another group of rats was raised in a normal, germ-laden environment. Both groups received the same diet known to cause tooth decay in rats.

The rats with normal mouth germs developed serious tooth decay. And the inoculated rats in the otherwise germfree environment were found upon examination also to have developed typical symptoms of decay.

(Continued on page 9)

New Proof That Germs Invade Teeth

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(Concluded from page 8)

Bacterial examination showed the enterococci to be the predominant organism while the second organism could only rarely be found. After the rats were killed, microscopic photographs of slices of the teeth showed that only the enterococci had deeply invaded the decayed areas.

The rats developed decay up to an age equivalent to a human age of 20 years. This decay was produced in spite of the fact that the rats were not exposed to the acid-producing lactobacilli, the germs most commonly thought to be responsible for decay.

The average human mouth, the investigators indicated, may have a hundred or more different forms of bacteria. The Chicago and Notre Dame scientists point out they are still a long way from an immediate practical answer to the prevention of human tooth decay.

Facts and Figures About Health

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After an examination of all of New Yory City's police it was announced that only 19 of the 19,000 of them had flat feet.

Cancer took the lives of approximately 225,000 in 1953. In 1952, 1,109,000 "working years" were lost to cancer.

Seventy-five per cent of the insurance policy holders who died in 1952 were the victims of diseases of the heart, or blood vessels, or of cancer.

Accidents in and around the home kill 28,000 each year, while another 100,000 are permanently crippled. Another 4,000,000 are injured so severely in home mishaps; they are forced to miss work for a day or more.

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MEN OVER 40

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After 40 many men suffer from loss of sexual power (weak erection, premature ejaculation, etc.) We advise these men to write for a copy of our free booklet, for it gives the symptoms and the causes of loss of sexual strength, as well as valuable advice. The booklet is written by a doctor and is illustratted. It will also be sent to men under 40 if they have lost sexual strength. Write to :—

The British Chemical Works P. B. No. 756 EGMORE, MADRAS.

WHEN PNEUMONIA STRIKES

★

The new drugs have reduced this onetime killer's score to a very small figure, but prompt treatment is a must

By JOHN E. EICHENLAUB, M.D.

BILL BENTON'S face was flushed and his breath came in short, quick gasps. His wife had to help him into the office.

"I told him he shouldn't have mended fence yesterday," Mrs. Benton said. "When a man hits forty, it's time he stayed near the house in snowy weather so he can come in and get warm once in a while."

"When did he get sick?" the doctor asked.

"Took a chill early this morning and started to cough and have pain in his right side about noon. I think he's got quite a bit of fever too."

"Did he spit up anything?"

"A little rusty-looking stuff. It's a tight cough, though—it stays pretty dry most of the time."

The doctor went over Bill's story more thoroughly, then checked thim physically.

"He's got a hundred and three temperature," he said. "And definite signs of pneumonia in his chest. We'd better get an X ray to be sure of just how far this has gone."

The X ray showed that one lobe of the right lung was involved, and the doctor gave Bill a big dose of penicillin. He didn't put Bill in the hospital, although he made him stay in bed for several days. The fever left in twenty-four hours, and Bill was back on the job in a couple of weeks.

This is the modern story of the one-time killer, lobar pneumonia. It is the story of a killer brought to its knees, but a killer which can never be forgotten. Pneumonia has not been banished. It is just as common as it ever was. But it can be stopped in its tracks by treatment, and it is important that such treatment be given immediately.

OLD-FASHIONED pneumonia is usually a lightning-fast infection. In most cases, the germs actually light in the nose or throat, dig in quietly for a day or so, and then spread rapidly to the lungs, If you hunt for them hard enough, you will usually find germs in the bloodstream during the patient's first chill. Infection soon lights in the lungs, with the patient's X ray going from clear to clouded in a matter of hours.

Actually, most of the changes your doctor can find are due to the fight your body puts up against the germs instead of to the germs themselves. Your body pours white blood cells into your bloodstream to help fight infection, and your doctor counts those cells with his miscroscope.

YOUR BODY opens up the blood vessels in the lung so white cells can get to the scence of the battle and pours out a wave of fluid on which these cells can travel, and your doctor finds that your lungs are waterlogged and your X ray clouded. Yonr body sends your temperature up in the hope that the germs can be fried out, and your doctor finds that you have fever. The fight you put up rather than the fight the germs put up tells your doctor that you have pneumonia.

Sometimes, especially when old age or a run-down condition keeps you from putting up a good fight, pneumonia is

hard to diagnose. One patient, for instance, sesmed very sick, but physical examination showed nothing but diabetes. His chest seemed normal, even when X rays were made. After his diabetes had been treated, however, his ability to fight germs in the usual way improved, and finding of peneumonia showed up in four out of the five lobes of his lung.

Another old fellow walked into his doctor's office and said that he had felt poorly for a week. He had no fever, only a slight cough, and no chest pain; Counting the white blood cells in his blood was no help, either—he wasn't fighting his infection in a normal way. But his chest did show some signs of inflammation, and X rays left no doubt as to what was wrong with him. He had pneumonia.

ONE OTHER time when pneumonia may cause confusion is whon it strikes the right lower lobe. The nerves in this area are tangled in such a way that the pain is often felt in the lower part of the patient's abdomen. Some of the best doctors in the world have operated on a man for appendicitis, only to find that he really had pneumonia,

Most of the time, however, pneumonia gets the right treatment. Today, penicillin is probably the best drug available for killing pneumonia germs. Sometimes sulfa drugs are added to the programme as well. The new broadaction drugs—aurcomycin, chloromycetin. and terramycin—are also effective, but do not work as rapidly as penicillin. Bed rest, an enema every day (because gas often piles up and causes a lot of misery without it), and something to relieve the aches and pains, fever, and cough round out the usual programme. If the breath is very short, oxygen will make it better, Naturally, the doctor keeeps a close watch for complications, but these are rare when treatment is started early.

Before 1936, pneumonia killed two out of every five people it hit. Today it kills only one out of fifty. Most of these are old people, people with some chronic disease such as diabetes, or people who don't get any treatment until pus pockets or some other complication has developed.

There's an old story about a man who walked to town in a plizzard with nothing on but a pair of pants. One of his friends asked him what he was doing.

"I've had a cold for two weeks," he replied, "and I'm trying to turn it into pneumonia so the doctors can do something about it."

Pneumonia isn't as small a matter as that, but it isn't the killer it once was, Treated promptly, the patient almost always gets well.

How Unhappy Are Your Feet?

(Concluded from page 12)

You should elevate your feet whenever possible. True. This is restful and helps circulation.

Forty-one per cent of children have foot troubles by the age of five. True. Most are born with perfect feet. Outgrown and hand-me-down shoes are to blame. Young growing bones can very easily be pushed out of shape. Deformity is the result of ill-fitting shoes.

A Percentage of domestic imcompatibility originates in foot trouble. True, according to many of our psychologists. Aching feet heighten irritability and mess up dispositions in general. A pair of "barking dogs" can make an impossible cuss out of the best-natured person in the world.—*Frances Carft Matranga.*

How Unhappy are Your Feet?

DO YOU belong to the vast army of foot sufferers? Such suffering is *not* fate. You can avoid it if you'll just take time out to deduce the cause, then act accordingly. Perhaps the statements and answers below will be of some help.

Eight out of the ten Americans suffer from foot ailments True. The common complaints are: corns, bunions, calluses, ingrown toenails, hammer toes, week arches, and athlete's foot.

Nearly all of the common foot troubles are due to faulty shoes. True. Leading foot specialists seem to agree on this. "Correct" shoes have low heels, roomy toes, moderately thick soles, fit comfortably, and give adequate support to the foot.

Foot ailments often cause many Secondary maladies. True. Such as headaches, back pains, blurred eyesight, dizzy spells, insomnia, loss of appetite, and even constipation.

Morning is the proper time for buying shoes. False. If you feet tend to swell, they may be too tight by evening.

Our two feet are idential. False. One foot is almost invariably larger than the other. For that reason, be sure your shoe clerk fits *both* shoes to your feet. And don't let him fit you by the size shoe you wear into the store. Be measured each time, as the feet constantly change.

You should walk with your toes pointed outward. False. The correct way to walk if with the toes pointed straight ahead for even slightly turned in. This causes no jarring, and the mucles of the legs propel you easily as you walk.

More women than men have unhappy feet. True. Five times as many. The reason? The extreme shoe styles women select of *everyday wear,* styles that cramp the foot and distort its natural shape. Spike heels, for instance, may be fine for the theatre, but not for an afternoon of shopping or walking. High heels throw the entire body out of line, exerting pressure on the spinal cord and strain on the neves that branch out to the back of the head. The natural swinging movement of the foot is impossible in high heels; you pound along instead, jarring your whole body. There is no better way to mutilate the feet. (American women spend almost a half-billion dollars every year because of foot ailments.)

The housewife walks eight miles a day in the course of her work. True, and that's over twice the distance a golfer covers when he plays eighteen holes. The housewife, therefore, needs a comfortable, sturdy, low-heeled shoe. *Not* bedroom slippers and *not* softsoled canvas shoes. These are crippling when worn for long hours at a stretch.

Leather is the best bet in shoes True. It is flexible, and its interwoven fibers ventilate the shoe, allowing for rapid evaporation of sweat.

The cure for corns is "bithrooms surgery". False. Corns are probably the most common of all foot afflictions. Most people try to treat them by trimming with a razor, and then continue to wear the same shoe that caused them. This affords only temporary relief until the corn grows back again. The only real cure is to switch to roomier shoes. This will cause the pain of the corn to subside and the corn itself will eventually disappear. There is really no excuse for corns. They are caused by shoes that exert too much pressure on the front of the foot.

Summer is harder on the feet than winter. True. In the summer the feet perspire and swell; this increases fribtion and contributes to the growth of calluses and corns. Worst of all, summer weather encourages athlete's foot, a highly contagious infection which thrives on perspiring feet. This disease should be treated immediately as it can lead to blood poisoning.

Flat feet are coused by flat shoes. False. A survey by the American Foot Care Institute proved that more high-heeled women suffer from collapsed arches than do men, who wear flat heels only.

(Continued on page 11)

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